

MARY WISE Menu Planner AND SHOPPING SUGGESTIONS



FILBERTS (HAZELNUTS) are one of the ingredients in this delicious Turkish pastry, Filbert-Banana Kataif. You can short-cut this dessert by using frozen patty shells. The topping is chilled, so this dessert is one that can be made well ahead of time.

## Turkish Pastries Rich

Turkish pastries make a delightful dessert, but it takes a deft hand and patience to roll out the tissue-thin pastry and put it together with the honey-nut filling. A good substitute for the pastry can be found in the flaky frozen patty shells.

The syrup is made with honey mixed with filberts that are first sauteed in butter until crisp and toasted. In this particular recipe, banana slices are layered with the filbert syrup in the pastry shell. Any remaining syrup is poured on top to give a shiny glaze.

Filberts are used by the Turks in not only pastries but in many dishes. Naturally enough, Turkey is the world's largest filbert producer and exporter. Filberts, or hazelnuts as they are also called, are either imported from Turkey or are grown in Oregon and Washington.

### FILBERT BANANA KATAIF

- 1/2 cup chopped filberts (about 2 oz.)
- 2 tbs. butter or margarine
- 1 cup honey
- 1 tbs. lemon juice
- 6 frozen patty shells, baked
- 3 medium bananas, all yellow

Saute filberts in butter until golden. Stir in honey and boil 5 minutes, stirring occasionally. Stir in lemon juice; cool to lukewarm. Slice bananas and layer alternately with filbert mixture in patty shells, ending with filbert mixture. Chill.

### Creme Brulee Is French Dessert

The French have an especially good adaption of a soft custard which they call "Creme Brulee." It is a rich custard crowned with a broiled brown sugar topping. It's delicious served over canned pineapple slices.

### CREME BRULEE

- 1 cup milk
- 1 cup half and half
- 2 slightly beaten eggs
- 1/4 cup sugar
- Dash salt
- 1 tsp. vanilla
- 1/4 cup brown sugar (packed)
- 6 slices canned pineapple

Heat milk and half and half to scalding. Combine eggs, sugar and salt; gradually stir in hot mixture. Cook over low heat until mixture coats spoon, stirring constantly. Add vanilla. Cool. Pour into shallow baking dish. When custard is thick and set, place baking dish in a larger pan and surround with ice. Sprinkle with brown sugar. Broil until sugar is bubbly and melted. Chill until serving time. Serve over pineapple slices. Makes 6 servings.

### SHRIMP SALAD

A favorite first-course salad is shredded western iceberg lettuce tossed with shrimp, toasted slivered almonds, dill weed and a little mayonnaise.

### MOCHA FILBERT MOUSSE

- 4 oz. semi-sweet chocolate
- 1 tbs. instant coffee powder
- 3 tbs. water
- 1 1/2 tbs. unflavored gelatin
- 1/2 cup water
- 5 eggs, separated
- 1/2 cup sugar
- 1 1/2 cups heated milk
- 1 tsp. vanilla
- 1 1/2 cups ground toasted filberts (about 6 oz.)\*
- 1 1/2 cups heavy cream, whipped

In small saucepan combine chocolate, coffee powder and 3 tbs. water. Stir over low heat until chocolate melts. Soften gelatin in 1/2 cup water. Beat together egg yolks and sugar until light and fluffy. Gradually beat in heated

milk. Pour into top of double boiler and cook over hot water, stirring constantly, until mixture thickens and coats a metal spoon. Add gelatin and stir until dissolved.

Stir in vanilla, filberts and melted chocolate mixture. Stir over ice or chill until mixture begins to set.

Beat egg whites until stiff but not dry. Fold into gelatin mixture with whipped cream. Pour into a serving dish or a 5-cup souffle dish which has a 4-inch collar of doubled wax paper around it. Chill until set. Remove collar. Garnish top with toasted chopped filberts, as desired.

\*Toasted Filberts: Spread filberts in shallow pan and place in 400-degree oven for 10 to 15 minutes, stirring occasionally.

### Parfait Cooler Judged Best In Recipe Contest

Mrs. LaVerne Sundquist is winner of the Mary Wise Recipe of the Month contest, "My Favorite Summer Dessert." Mrs. Sundquist submitted "Parfait Cooler," a dessert using fresh fruit and gelatin, which sets quickly so that it can be made while dinner is under way. Mrs. Sundquist will receive a \$20 merchandise order at her favorite grocery store advertising in this newspaper.

### PARFAIT COOLER

- 2 3-oz. pkgs. peach-flavored gelatin
- 3/4 cup hot water
- 2 cups fresh or frozen orange juice
- 1/2 pt. peach or vanilla ice cream
- 1 pt. (2 cups) sweetened fresh strawberries or raspberries (fresh peaches may also be used)

Dissolve gelatin in hot water. Add orange juice and chill slightly. Pour into blender (or use electric mixer) to blend in ice cream. Mixture will be slightly set. Spoon into parfait glasses, layering and decorating with fresh berries. Or pour into a 1 1/2 quart mold. After unmolding, garnish with additional berries. Serves 8 to 10.

### Lots of Good Eating Found In Short Ribs

There's a lot of good eating in short ribs. These "baby pot roasts" are cut from the ends of rib roasts and from the plate and consist of layers of lean and fat with the flat rib bone. Braising them with a little water, bouillon or a sauce is the best method of cooking them.

Short ribs with barbecue sauce is a delectable beef dish. Brown the meat and simmer it with your favorite barbecue sauce. A half cup of diced celery added to the sauce gives the dish special zip.



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## Dance Club Picnic Set At School

The South Bay Folk Dancers, a charter club of the Torrance Recreation Department, will sponsor a picnic Sunday, Aug. 21.

The event will be held at 3 p.m. at Chadwick School, 4040 Palos Verdes Drive North, Rolling Hills Estates. Dinner hour will be from 5 to 6 p.m. and will be followed by a dance at 8 o'clock. Punch and dessert will be provided by the club. Folk dance enthusiasts, as

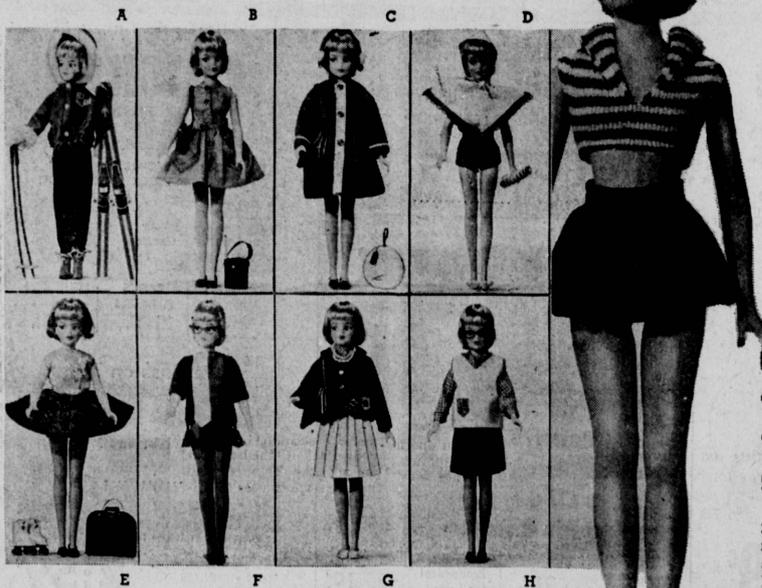
well as friends and families of club members, are invited to participate. The Folk Dancers meet every Friday, from 8 until 11:30 p.m. at the Valmonte School, 3801 Via La Selva, Palos Verdes Estates. GETS TOP POST: Donald Lubell, 37, has been elected a vice president and associate counsel of Great Western Savings and Loan Association. Lubell previously was associate counsel for Security Title Insurance Co.



### Ideal's famous TV Honey Moon doll

1.99

regularly 7.99. She's 14" tall with a soft cuddly body with vinyl arms and legs, and she comes completely dressed in her own moon costume: blue and gold dress with silver-colored space wing collar and matching shoes, space helmet and moon hair. Press her tummy and she cries.

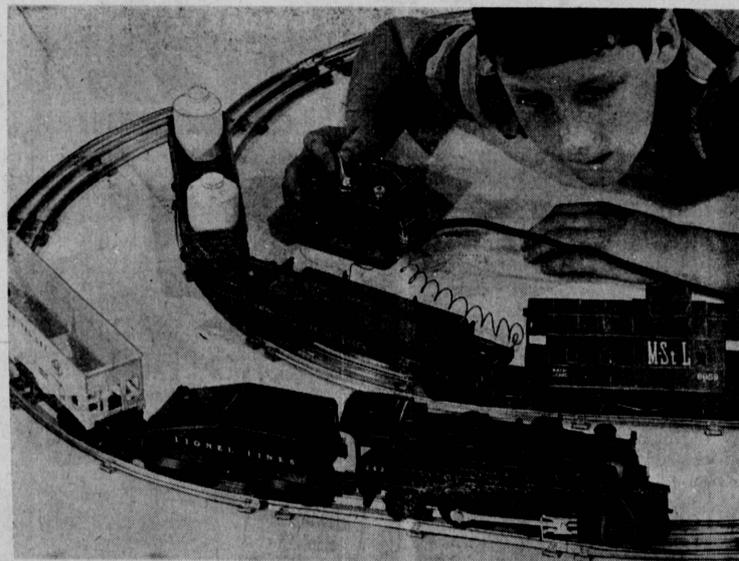


### Tammy Doll and doll clothes

99c

regularly 3.28 Here's Tammy... the best-dressed teenage doll in the world. She's 12" high, made of sturdy plastic with firmly jointed arms, legs and turning head; and her smartly styled hairdo is made of washable Saran. Your daughter will love changing her into the right outfit and taking her with her wherever she goes.

Clothes reg. 1.50-5.00 77c-99c A. Snow Bunny reg. 5.00 99c B. Purl One reg. 2.50 77c C. Model Miss reg. 4.00 99c D. Fun in the sun reg. 2.00 77c E. Skate date reg. 4.00 99c F. Pizza Party reg. 2.50 77c G. Checkmate reg. 4.00 99c H. Sorority Sweetheart reg. 4.00 99c.



### Lionel's 6-unit electric train set

15.00

regularly 22.99. She'll be coming around the mountain bringing young engineers and train enthusiasts lots of fun and excitement. Locomotive has blazing headlight, runs forward and reverse; you can couple and uncouple cars by remote control. Set measures 53" long, layout measures 27"x35".

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